

# Built on Research:

## The Science Behind Do It All Well

Every insight in the Do It All Well series is grounded in psychology, neuroscience, and behavioural science. We've curated the most impactful research to protect your energy, prevent burnout, and build a system that lets you feel well while doing it all.

### Part 2: Do It All Well Sources

CONCEPT	THE SCIENCE
Fiber-Rich Breakfast for Gut & Metabolic Health	<p><b>Insight:</b> A high-fibre, nutrient-dense breakfast supports gut microbiota, improves blood sugar control, and lowers long-term risk for CVD &amp; diabetes.</p> <ul style="list-style-type: none"><li>● <b>Example:</b> Start your day with oatmeal topped with chia + berries, or an apple + almond butter.</li><li>● <b>Why it matters:</b> Soluble + insoluble fibre feeds your gut flora, regulates glucose absorption, and reduces chronic disease risk.</li></ul> <p><b>Source:</b> <a href="#"><i>The role of short-chain fatty acids in microbiota-gut-brain communication</i></a></p>
Resistance Training for Longevity & Disease Prevention	<p><b>Insight:</b> Just 2 sessions/week of resistance training protect bones, improve insulin sensitivity, boost mood, and reduce CVD &amp; type-2 diabetes risk.</p> <ul style="list-style-type: none"><li>● <b>Example:</b> Use a resistance band during Zoom calls; commit with a friend twice weekly.</li><li>● <b>Why it matters:</b> Strength training supports muscle mass and function while significantly lowering mortality risk.</li></ul> <p><b>Source:</b> <a href="#"><i>Resistance Exercise Training as a Primary Countermeasure to Age-Related Chronic Disease</i></a></p>
Hourly Movement Breaks to Reduce Sedentary Harm	<p><b>Insight:</b> Standing, moving or stretching every ~60 minutes interrupts the adverse effects of prolonged sitting, reducing the risk of insulin resistance, heart disease, and physical impairment.</p> <ul style="list-style-type: none"><li>● <b>Example:</b> Set an hourly alarm, stand, walk, or stretch for 3–5 minutes.</li><li>● <b>Why it matters:</b> Breaking up sitting lowers blood pressure, improves metabolism, and supports daily independence and longevity.</li></ul> <p><b>Source:</b> <a href="#"><i>Breaking up sedentary time is associated with impairment in activities of daily living</i></a></p>